

Long-Distance Caregiving: How Can I Help if I'm Far Away?

You can still provide support as a caregiver, even if you don't live close by.

From a distance, you may be able to:



Arrange for in-home care, such as a home health aide



Research long-term care options, such as assisted living or a nursing home



Plan occasional in-person visits to help out the day-to-day caregivers



Order medical equipment, medicines, and other supplies



Assist with paying bills and managing insurance claims



To learn more, visit www.nia.nih.gov/long-distance-caregiving.